## Welcome Back to School

A school meal is a choice of an entrée, vegetable, fruit, grain, and milk. To be a complete meal you must have 3 of the above components and one must be a fruit or veggie.

Parents are welcome to eat with their child any day!!

## 5

The menu is published monthly on
the school website

12
Oven Fried Chicken Mashed Potatoes/Whole Grain Roll, Entrée Salad, Chicken Wrap, PB\&J, Uncrustables,
Broccoli, Fruit \& Milk, Variety of Juices

## 19

Grain Penne Pasta, Meat Sauce, Marinara Sauce, Breadstick, Entrée Salad, Chicken Wrap, PB\&J, Uncrustables, Broccoli, Fruit \& Milk, Variety of Juices

## 26

Grilled Cheese, Tomato Soup, Popcorn Chicken, Entrée Salad, Chicken Wrap, PB\&J, Uncrustables, Broccoli, Fruit \& Milk, Variety of Juices

## 6

The menu is subject to change due
to availability of product

13
Beef Taco \& Chicken Fajita, Whole Gain Tortilla Spanish Rice/Refried Beans, Entrée Salad, Chicken Wrap, PB\&J, Uncrustables, Peas, Fruit \& Milk, Variety of Juices

## 20

Beef Taco \& Chicken Fajita, Whole Gain Tortilla
Spanish Rice/Refried Beans, Entrée Salad, Chicken Wrap, PB\&J, Uncrustables, Peas, Fruit \& Milk, Varipty of luiras

This institution is an equal opportunity provider. Menu is subject to change. A variety of milk is offered each day.
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K-5 - \$4.75
6-8 \$5.00
Visitor Lunch \$5.50

## 8

Hamburger, Cheeseburger, Entrée Salad, Chicken Wrap, PB\&J, Uncrustables,
Oven Baked Fries
Mixed Vegetables
Fruit, Milk \& Variety of Juices

## 15

Cheese Pizza on Whole Grain Crust, Entrée Salad, Chicken Wrap, PB\&J, Uncrustables, Green Beans, Fruit \& Milk, Variety of Juices

## 21

Cheese Pizza on Whole Grain Crust, Entrée Salad, Chicken Wrap, PB\&J, Uncrustables, Green Beans, Fruit \& Milk, Variety of Juices

## 28

Cheese Pizza on Whole Grain Crust, Entrée Salad, Chicken Wrap, PB\&J, Uncrustables, Green Beans, Fruit \& Milk, Variety of Juices

Chicken Breast Tenders w/Choice of Asian Sauce/Eggroll Entrée Salad, Chicken Wrap, PB\&J, Uncrustables, Stir Fry Vegetables/Rice Fruit \& Milk, Variety of Juices

## 22

Scrambled Eggs
Sausage/Pancake Whole Grain Biscuit, Entrée Salad, Chicken Wrap, PB\&J, Uncrustables, Mixed Vegetables Fruit \& Milk, Varioty of luires

## 29

Chicken Sandwich
Regular or Spicy, Oven Baked Fries Entrée Salad, Chicken Wrap, PB\&J, Uncrustables, Mixed Vegetables Fruit \& Milk, Variety of Juices

2
Milk is offered daily
Cups are available for water

9
Chicken Sandwich
Regular or Spicy
Entrée Salad, Chicken Wrap, PB\&J,
Uncrustables, Carrots,
Fruit \& Milk, Variety of Juices

## 16

Bosco Sticks, Chicken Nuggets, Entrée Salad, Chicken Wrap, PB\&J, Uncrustables, Carrots, Fruit \& Milk, Variety of Juices

## 23

Beef Meatball Sub, Turkey Corndog, Carrots, Oven Baked Fries , Entrée Salad, Chicken Wrap, PB\&J,
Uncrustables, Fruit \& Milk, Variety of Juices

## 30

OVEN FREE ENERGY SAVING LUNCH Ham/Turkey Sub, Entrée Salad, Chicken Wrap, PB\&J, Uncrustables, and Jelly/Chips/Dessert, Fruit \& Milk, Variety of Juices

